

**April 23, 2014**

Written by Andrea  
Tuesday, 22 April 2014 17:58 -

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## **Advanced**

3 rounds

400m run

20 deadlifts #95

## **Intermediate**

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3 rounds

400m run

15 deadlifts #65

## **Beginner**

3 rounds

200m run

10 deadlifts #35

If your belly does not allow for a proper, safe set up, please use the sumo stance for your deadlifts.